CLAIMS

- Ergonomic tray from among those having a central support area surrounded by a peripheral lip, characterised in that it has at least one handle in the form of a concave incut which comprises the main grip area (1), which extends as a gentle concave line (3) ending at the rounded vertex (4) of the tray and on the opposite end extends as a convex area (2) that ends at the beginning of the tray lip.
- 2. Ergonomic tray according to claim 1, characterised in that it has at least one handle on the right side of the tray.
 - 3. Ergonomic tray according to claim 1, characterised in that it has at least one handle on the left side of the tray.
 - 4. Ergonomic tray according to claim 1, characterised in that it is has two symmetrically disposed handles .

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